

DRAFT

2007-2011 STATE PLAN

SELF-ADVOCATE **SUMMARY**

This summary talks about the main ideas in the Draft Plan but it does not have all the words. If you would like a copy of the Complete Draft State Plan, go to www.scdd.ca.gov or contact the Council Office at 1-866-802-0514

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The State Council wants to know what you think about the Draft 2007-2011 State Plan!

The State Council gets money from the Federal Government to help make California services better for people with developmental disabilities and their families. The Council tells the federal government this by creating a five-year State Plan that includes what the Council thinks are the most important to work on during that time. The work of the Council includes the Council and Area Board Members and staff, as well as the Community Program Development Grants. There may be many important things that other people and agencies should be working on, but it is the job of the Plan to describe where the Council will spend its time and money. At least 70 percent of all the federal money the Council receives must be spent working on things in the State Plan.

The 2007-2011 State Plan tells everyone what the Council will work on for the next five years, starting in October 2006. The Council's work includes the 13 Area Boards and the Council's Community Grants for projects around the State. To create the Plan, the Council and Area Boards listened to what people from all over California had to say about the things that are most important for people with developmental disabilities and their families. There isn't enough money to work on every idea that people had, so the Council had to choose based on the issues that were brought up by many different people and groups. It also had to pick what the Council has the ability to do to improve California for people with developmental disabilities and their families.

The Council is now sharing its Draft State Plan and asking people if this is what the Council should work on for the next five years. The review and comment period is from June 1 to July 17, 2006. People can tell the Council their thoughts about the Plan by coming to a State Plan hearing, or by sending a letter, fax or email. Many of the Area Boards will also discuss the State Plan at their June or July Area Board meetings. Copies of the complete draft Plan, this self-advocate summary and an online survey are on the Council website at www.sccd.ca.gov, or call the Council Office (toll-free) at 1-866-802-0514.

All State Plan comments must be received by the end of the final hearing on July 17, 2006. On July 18, the Council will review what people said about the Draft Plan and vote on the final Plan that will be submitted to the Federal Government in August. In the fall of 2006, the Federal Government will tell the Council if the Plan was approved and the Council can start putting the Plan into action.

These are the times and places where you can come and tell the Council what you think about the Plan. For the Plan comment sessions taking place during Area Board meetings, please contact your local Area Board office. If you do not know the number, call the Council office at 1-866-802-0514.

**Thursday, June 1
6:00-8:00 PM**

Glendale Adventist Medical Center
Conference Room B
1509 Wilson Terrace
Glendale

**Tuesday, June 13
4:00 to 6:00 PM**

UCP Stanislaus
1213 13th Street
Modesto

**Thursday, June 22
6:00 to 8:00 PM**

San Andreas Regional Center
300 Orchard City Drive, Suite 170 (Room 34)
Campbell

**Tuesday, June 27
4:00 to 6:00 PM**

Petaluma Regional Library Community Room
100 Fairgrounds Drive
Petaluma

**Monday, July 17
4:30 to 6:30 PM**

State Council Meeting
Double Tree Hotel (2001 Point West Way)
Sacramento

There will also be two self-advocate hearings. At these hearings self-advocates will be given the first chance to speak. If there is time available, other members of the public may also comment.

**Saturday, June 10
2:00 to 4:00 PM**

Statewide Self-Advocacy Conference
Double Tree Hotel (2001 Point West Way)
Sacramento

**Saturday, July 8
12:30 to 2:30 PM**

San Diego People First Annual Meeting
Balboa Park Club Santa Fe Room
2150 Pan American Rd. West (next to Puppet
Theater/Recital Hall in Balboa Park)
San Diego

About California

The federal government asks the Council to explain four things about California that make a difference in how people get their services. This is what the Council chose:

1. California has a high cost of living

The Plan explains how expensive it is to live in California. It talks about how much houses cost and how hard it is for consumers to buy or rent houses. It also explains how long it takes for people to get help paying for their housing through the Section 8 (Housing Assistance) program. The Plan also talks about how the cost of gasoline makes it hard on people who can't afford to live close to where they need to be and also on the programs for people with disabilities that provide transportation.

2. California has lots of different people

The Plan explains that California is home to millions of people. There are 224 different languages spoken by people in California, which can make it hard to provide services to everybody in languages that they understand. It explains how more and more people of other languages and cultures are in the California service system, and how more than one out of every five consumers has a main language other than English. For consumers who are Hispanic, more than half of them say that Spanish is their main language.

The Plan also talks about how many homes of people who speak Spanish or Asian/Pacific languages don't have anyone older than age 14 who knows how to speak English well. This makes it hard for those families to understand how to get services for their family members with disabilities, and to understand what their rights are. The Plan also talks about how California needs to have information in the languages that people understand and workers who will understand them as well.

3. California has lots of people who are older

Baby Boomers are people who were born after World War Two. There are more Baby Boomers than any other age group in the Country. There are a lot of consumers who are Baby Boomers, and they are living longer and healthier lives. One out of every five DDS consumers is now age 42 or older. This means that there are a lot of consumers who have parents who are also getting much older. Sometimes these

parents have health problems of their own and can't have the consumer living with them anymore. There are also group homes that only allow you to live there up to a certain age.

The Plan talks about how important it is to plan for the right services and supports so that consumers can continue to live where they want and with the people they choose, no matter what their age.

4. California doesn't have enough people to provide health care

More than anything else, consumers and families have talked to the Council about the problems with getting good health care for consumers. Consumers are worried about what will happen to their health care if they get a job. Families are worried about how their family members will get the right doctors if they move out of the developmental centers. People are also worried about how to get dentists and counselors, because sometimes the government doesn't pay for those services.

The Plan also talks about how hard it is to get a doctor who will take Medi-Cal. Sometimes being in the Medi-Cal Managed Care Program makes it easier to find a doctor, so the Council is going to watch this program and advocate for ways to make it easier to get the right doctors for consumers. The Plan also talks about how important it is to have enough health care professionals to do the work and provide the health care for all the consumers.

The California Service System

The federal government also asks the Council to tell them about issues with California services that have a big impact on consumers and their families. This is what the Council chose:

1. The California system is very confusing

The Plan talks about how hard it is to understand how many different agencies provide services for people with developmental disabilities and their families. Sometimes consumers don't know which agency is the right one to go to for what they need, because they need to get their services from so many different agencies. It is sometimes hard for so many different agencies to work together so that consumers get the services they need.

There are 21 regional centers in California and each one is a separate agency so they don't all provide their services the same way. California law also says that the regional center should first try to have the consumer get their services from other agencies before they pay for the service themselves. Many of these other agencies have lost money in budget cuts and it may be hard for them to provide the services that everyone wants or needs. Sometimes the agencies disagree about who should provide a service and the consumer can't get the service until it is figured out.

2. The number of people that the California system serves is unlimited but the money is limited

The California law says that all consumers with developmental disabilities are entitled to services. The amount of money that DDS gets though is "fixed" and does not automatically grow when there are more people in the system. This makes it hard for the regional centers because they need to meet the consumer's needs but they only have a certain amount of money.

3. The California system has trouble paying enough money to get enough workers

The Plan talks about how hard it is to find good workers when the jobs don't pay enough. People have told the Council that it is especially hard to get workers who will help create and find jobs for consumers. When there aren't enough workers to find people jobs in the community, the consumers may end up with lower-paying jobs at workshops or with no jobs at all.

This year the Governor wants to give some of the regional center providers more money. The Council is supporting this raise. They are working to educate legislators and other people on how important it is to pay the workers in the system enough money so that people with developmental disabilities get the services they need.

4. The California system has a lot more consumers with autism now

The regional centers are serving more and more people with autism. More new people have autism than any of the other developmental disabilities. People with autism sometimes need different services than other consumers, such as more workers if they often run away or try to hurt themselves. It costs more money to hire more workers for everyone. The Plan talks about how important it is to be sure there is enough money to

get the people all the services they need, especially when they become adults and the schools don't pay for their services anymore.

5. The California system is changing

The Plan talks about two ideas that will change how people get their services. The first one is to allow consumers from all over the state to choose self-directed services. Right now this is only possible in certain regional centers. The Council supports this so that all people with developmental disabilities can choose the services they want and need.

The second change is the closing of Agnews Developmental Center. All the people who live at Agnews now will move into the community by the year 2008. DDS is working with consumers and their families and lots of other people to be sure that there are enough services in the community to serve all the people who will be moving.

Some new laws have already been made to help create these services for everyone who needs them. One law says that the regional centers can help pay for homes. Some of these homes will be called Family Teaching Homes. In a Family Teaching Home, people with developmental disabilities live next door to families who help teach them how to live on their own. Another law is making a new type of care home for people who have health care needs and can't live on their own. They have also set up a clinic at Agnews so that people who move into the community can still see their doctors at Agnews.

What other things make it hard for people to get services?

Even though everyone sometimes feels it is hard to get the services they want when they want them, there are some groups of people who may have a harder time than others. The federal government asks the Council to say who these groups are in California. The Council says the groups that have a harder time getting services for all their needs are:

1. People with more than one disability
2. People who do not speak English well
3. People who live out in the country away from big cities and the regional centers; and
4. Adults who have some types of developmental disabilities that are not eligible for regional center services

Assistive Technology

The federal government asks the Council to include information on assistive technology in California. Assistive technology is any equipment or other item that helps people with disabilities with their tasks of daily living. It includes things like computers and communicator boxes that speak for people who can't speak for themselves. It can also include things like computer software that speaks the words for people who don't read, or types the words for people who can't use a keyboard. During this public review and comment period, the Council is asking people to share information on their experiences with assistive technology.

Current and Future Resources

Resources are the money, people and things that are needed to do something, in this case, to provide services for people with developmental disabilities. The Plan talks about how hard it has been for California to have all the money it needs to pay for all the services that are needed. This section will be updated after the State budget is signed into law this summer.

Health Care and other supports

The federal government asks Councils about health care services for people who live in facilities and for people who live in the community. The Plan talks about how hard it sometimes is to find enough health care workers to give everyone the health care they need.

Waiting Lists

The federal government asks the Council about waiting lists. California is different than the other states because it doesn't have waiting lists to become a regional center client. In other states you might have to wait years before you even got to become a client of the state agency and get any services at all. The Plan talks about the difference between who can get California services and everyone the federal government considers developmentally disabled. If California counted people with developmental disabilities the same way that the federal government does, there would be three to four times as many people served by the regional centers.

Even people who are served by the regional center sometimes have to wait for services they need if the regional center can't find someone to provide the services. Sometimes, people also can't get service as often or as soon as they want because there are so many people and not enough workers.

GOALS AND OBJECTIVES

The Council tells the federal government what it wants to do in the next five years with the money they get from the federal government. The Council's goals are like the goals in a person's IPP or IEP. The objectives are the activities and projects that the Council wants to do to get them closer to their goals.

The Council's first goal is for people with developmental disabilities and their families to be able to choose the services they want and need, and be in control of how they get them.

Here are the things the Council says it will do:

1. The Council will give people with developmental disabilities and their families lots of leadership training so that they can work to make services better. The Council would like at least half of the people who are trained to become leaders within two years of the training. There are many ways that a person could be a leader. A person could become a leader in a disability organization by becoming an officer in a People First group or being appointed as a member of the State Council, an Area Board or the Board of a regional center. Someone could also become a leader in a group that works in the community on issues or services for all people, not just people with disabilities.
2. The Council will try to get more people to be part of self-advocacy groups.
3. The Council help consumers get the skills and training they need to be a self-advocate and also advocate for others.
4. The Council help families of consumers get the skills and training they need to advocate for their own family members and also advocate for other families. At least 10 % of these families will speak a language that isn't English.

5. The Council will get people with developmental disabilities and their families information about self-directed services and other new ideas. This information will be easy to understand and in the languages that people need them.
6. The Council will be an advocate for people with developmental disabilities and their families so that they will get better services.
7. The Council will work on ways that people with developmental disabilities and their families can be included in groups that are important to them.
8. The Council will use its work with Life Quality Assessments and other activities to make the system better for people with developmental disabilities and their families.

For each of these objectives, the Council has to tell the federal government how many people it thinks it can serve in the next five years. The Council would like to know if there are some objectives or activities that you think the Council should work on more than others. This is the list of measures that the Council needs to use for the federal government:

- How many people are served in self-advocacy or self-determination projects because of the work of the Council
- How much more money can the Council's work get for self-advocacy and self-determination programs
- How many people are trained in self-advocacy or self-determination
- How many self-advocates, family members, and others, are trained in advocacy about self-advocacy and self-determination
- How many self-advocates, family members, and others, become active in advocacy about self-advocacy and self-determination
- How many people are trained in leadership, self-advocacy and self-determination
- How many people become members or leaders in agencies, advocacy groups and other leadership groups
- The number of groups and agencies that work together on self-advocacy and self-determination because of the Council's work

The Council's second goal is for people with developmental disabilities and their families to be a part of everything that is part of community life.

Here are the things the Council says it will do:

1. The Council will educate people in the community about the abilities of people with disabilities.
2. The Council will help people with developmental disabilities be part of work and community service through volunteer and paid jobs. The people with disabilities will get to make the choices and it can include working for yourself.
3. The Council will help children and young people with developmental disabilities be part of community activities in ways that are meaningful to them.
4. The Council will help adults with developmental disabilities be part of community life in ways that are meaningful to them.

For each of these objectives, the Council has to tell the federal government how many people it thinks it can serve in the next five years. The Council would like to know if there are some objectives or activities that you think the Council should work on more than others. This is the list of measures that the Council needs to use for the federal government:

- How many people benefit from community supports because of the work of the Council
- How much more money can the Council's work get for community supports
- How many people are trained in community supports
- How many self-advocates, family members, and others, are trained in advocacy about community supports
- How many self-advocates, family members, and others, become active in advocacy about community supports
- How many buildings and public places and programs became accessible

This is the end of the Summary. Please let the State Council know what you think about the 2007-2011 Draft State Plan by July 17, 2006.